

Border Liners Orienteering Club

Swindale North Cumbrian Galoppen (Level C)

Saturday 15th September 2018

Final Details

Parking to registration	Should be no more than 100m
Parking to start	900m to start, 50m climb. Start is close to finish.
Finish to parking	Finish to parking - 700m
Organising club(s)	Border Liners
Landowner	United Utilities Lowther
Planner	Alan Hartley
Organisers	Anita Laird Christine Goulding
Controllers	Dan and Karen Parker
Parking	CA10 3ND NY528158
Directions	Signed from Bampton village. Recommended route from M6 J40 via A66 and A6 to Eamont Bridge, right in Eamont Bridge onto B5320, then left at Yanwath signed to Askham. Carry on through Askham to Bampton and then follow O signs. If approaching from Shap, please do NOT approach use the concrete road, instead go to Bampton Grange and follow signs from there. Please drive slowly and considerately in the villages.
PLEASE CAR SHARE IF POSSIBLE PARKING COULD BE TIGHT. 4WD's might be of benefit especially if wet.	Last arrivals by 1230. No exit before 1230. Route out same way as in.

Toilets and Registration	<p>Immediately adjacent to parking. EOD registration. No cakes from NWJS - they have other commitments - this represents a gap in the market... Please take all rubbish home with you.</p> <p>Key drop with Registration</p>
Registration Courses Cost Cost - helpers Starts Course close	<p>10am - 12 noon</p> <p>Brown - 9.7km 280m Blue - 6.6km 200m Green - 4.5km 150m Short Green - 3.2km 80m Light Green - 3.5km 100m Orange - 2.9km 120m Yellow - 2.2km 80m - Yellow course will have one taped route and a few places where occasional tapes are used to confirm a vague path</p> <p>£6 adult 'British Orienteering' members, +£2 if not a BO member £3 Juniors</p> <p>FREE - offers to Anita Laird anitalaird93@gmail.com</p> <p>10.30 - 12:30</p> <p>2:30pm</p>
Map	<p>Map will be 1:10,000 A3 size for Brown and Blue. 1:10,000 A4 size for all other courses</p> <p>There will not be a legend printed on the map. Loose legends will be available at registration - please ask.</p> <p>Course descriptions will be written for yellow and orange courses.</p> <p>The map shows areas of bracken with a green vertical lines. However this should not be used for accurate navigation as some of the bracken has been cut recently and there are other patches not on the map. There is an unusual symbol (black cross) on the map for a concrete post. In the pictorial description this be an 'X' (special symbol)</p>
Fence must not be climbed Please shut all gates	<p>The fence crossing the area must not be climbed, this is only reached by the longer courses. The uncrossable boundary symbol has been used and mandatory crossing points shown. Please shut all gates.</p>

Terrain description	Swindale North is a large open area. There is some forest around the edge on the slopes which are not used (protected SSSI's). Underlying limestone means there is little surface water. Where there are marshes, these can be hard going, particularly if very wet. Surface vegetation varies from smooth grass to runnable tussocks and low heather. There is bracken across the area – this is currently cut back ready for harvesting for animal bedding.
Safety information	The area is bounded by high walls and the road in Swindale except to the far west. Safety bearing - head north to hit uncrossable wall and then follow this north east to finish.
Other stuff	<p>Whistles are compulsory. The area is open fellside and if the weather is inclement then waterproof jackets and other suitable clothing may be made mandatory. Competitors are advised to check for ticks following their run. There will be no drinks stations on any of the courses. Any competitors with medical conditions which they feel the Organisers should be made aware of, are asked to contact the Organisers in advance.</p> <p>There are a number of local businesses in Askham, including a village shop and café, two pubs and a heated outdoor swimming pool. In Bampton there is also a pub and cafe. You are encouraged to support these while in this beautiful area for the event.</p> <p>Lowther Castle grounds and café, along with Askham Hall café are also relatively nearby.</p>